



# **What's Happening Gilbert Seniors!**

## **Winter Time Issue**



**Welcome to the newsletter!**

Happy New Year 2014 to you ALL! Looking forward to lots of fun times here at the center. Please make sure you are looking on our monthly calendar for new exciting things that might not be in here. Let's make the next three month AMAZING!! -Amanda

**HAPPY NEW YEAR 2014!**

**If it didn't bring you joy**

**Just leave it behind**

**Let's ring in the new year**

**With good things in mind**

**Let every bad memory**

**That brought heartache and pain**

**And let's turn a new leaf**

**With the smell of new rain**

**Let's forget past mistakes**

**Making amends for this year**

**Sending you these greetings**

**To bring you hope and cheer**

**Happy New Year!**





# Outreach with Kris

I can't believe it is 2014! Time flies when you are having fun! Don't spend time running around trying to find answers. I am YOUR resource for whatever needs you may have. I can help with personal matters such as DMV info, insurance claims or social security questions. I have resources to provide legal aid or Medicare assistance. If you are needing help with transportation, I have extensive information about the Dial A Ride program. From A to Z if I don't have the answer I'll find someone who does. I look forward to helping you! -Kris

## VOLUNTEERS NEEDED

Looking to do something fun and meaningful? We are always in need of volunteer help in all areas of the center. From the kitchen, to office help, running the Bunco, or delivering meals to the homebound, there is a need.

We have a terrific group of volunteers, but we could always use more. Please see Kris to get a list of current volunteer opportunities. All volunteers must complete a notarized affidavit, and have Central Registry clearance, but Kris will be able to explain everything involved in this process.

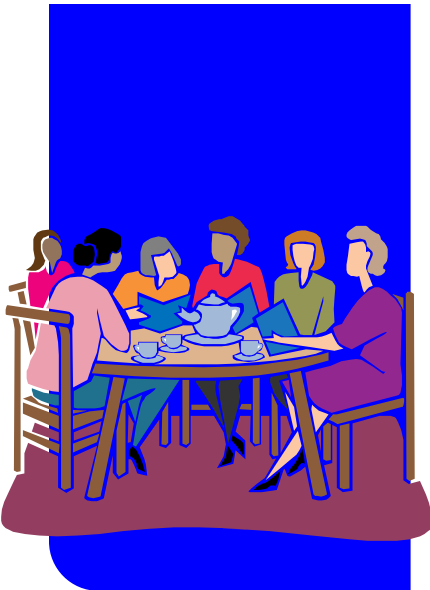


## Newcomers Meet & Greet

Open to ALL participants.

This is a great opportunity for new members to get to know some of our "seasoned" participants and staff as well as a chance to learn more about what we have to offer here at the Senior Center.

Join us on the 2nd Wed. of each month at 1:00



# Kitchen Corner

## **New Year's Day Black-Eyed Peas**

### **Ingredients**

Original recipe makes 16 (1/2 cup) servings

1 (14.5 ounce) can whole tomatoes

1 pound dry black-eyed peas

2 cups chopped cooked ham

salt and pepper to taste

1 pinch garlic powder

### **Directions**

Place black-eyed peas in 8 quart pot. Add enough water to fill pot 3/4 full. Stir in ham and diced onions, and season with salt, pepper, and garlic powder. Place tomatoes in a blender or food processor, and blend until the tomatoes are liquefied. Add tomatoes to pot. Bring all ingredients to boil. Cover the pot, and simmer on low heat for 2 1/2 to 3 hours, or until the peas are tender.

## **Easy OREO Truffles**

1 (8 ounce) package Cream Cheese, softened

2 (8 ounce) packages BAKER'S Semi-Sweet Baking Chocolate, melted

1 (16 ounce) package OREO Chocolate Sandwich Cookies, divided

### **Directions:**

Crush 9 of the cookies to fine crumbs in a resealable plastic bag serve for later use. .

1. Crush remaining 36 cookies to fine crumbs; place in medium bowl. Add cream cheese; mix until well blended. Roll cookie mixture into 42 balls, about 1-inch in diameter.

2. Dip balls in chocolate; place on wax paper-covered baking sheet. (Any leftover chocolate can be stored at room temperature for another use.) Sprinkle with reserved cookie crumbs.

Refrigerate until firm, about 1 hour.

Store leftover truffles, covered, in refrigerator.



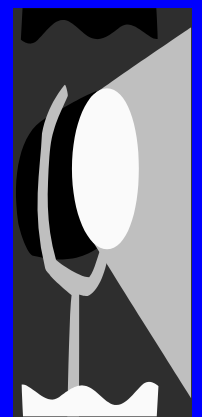
## **Gilbert Senior Center Kitchen**

**Wallis Berry**

**Kitchen Coordinator**

In the issue Wallis included one recipe for each of the next three months. What a great way to have fun in the kitchen with different recipes to try! Enjoy!!

# Senior Spotlight: Charlie & Ola Barone



If you want a good sport story or an Army story, Charlie & Ola Barone is the couple to sit by. I have to admit that I looked forward to interviewing them and they didn't disappoint. Here we go on their story.....Ola was born in Ashton, Kentucky in 1928. Her parents were blessed with 10 children including Ola. Now that is a big family. When Ola was 11 months old they moved to Detroit until she was 18 years old. Charlie on the other hand was born in Nyack, New York in 1929 and has 5 siblings. Charlie spent his childhood in Nyack until he turned 18. When I asked them what was a fun memory from the childhood, Ola answered with the joy of playing at the local park by the Detroit River while riding bikes. Her and her friends were even featured in the local paper while they were riding their bikes. Charlie surprised me with saying he enjoyed playing softball at the local park (HA) and hanging out at the YMCA. Charlie is a HUGE sports fan his whole life so it really wasn't a surprise to me that he played softball, football, and basketball in high school. He even lettered in them. When they both were 18 years old they joined the Army. At this point still not knowing who each other were they adventured around the world with the Army. Ola was stationed in Germany and France. She was under the command of Dwight D. Eisenhower, before he was president. Charlie was stationed in the Philippines under the command of General McArthur. When both Charlie and Ola were sent back to the states they landed on the same day, Dec. 23<sup>rd</sup>, 1951. Coincidence? I think someone in the universe was starting to put love in the air. While working at the Pentagon in the top secret code room, Ola was asked to lunch by a friend not knowing it was a "set up" with his buddy Charlie. They met and hit it off wonderfully. They started dating and on Feb. 14th 1953 Charlie proposed to Ola and on June 14th of that same year they were married. They lived in Nyack, NY for 11 years after they were married and then moved to Az in 1964. They have 4 kids, Keith, Kenneth, Kathleen, and Kieron. All K's which I think is fun! Keith (oldest) is married with 3 sons and lives in Mesa, Az. Kenneth is married and has one son and they live in Virginia. Kathleen has one daughter and lives in Tempe, Az. Last but not least Kieron has no kids and lives in Gilbert. The Barones started coming to the center in 2003. They enjoy coming to the center to hangout with friends and staff. We enjoy having you both here at the Gilbert Senior Center! Thank you for your service and Thank you for continuing your bright smiles when you enter the Center!

-Amanda



## Fun Clubs

Have you heard about all Our Clubs here at the Gilbert Senior Center?? This is the best way to enjoy the center and to meet new people!

**Jewelry Club**-Mondays

**Art Club**-Tuesdays

**Knitting/Crochet Club**-Wednesdays

**Bridge Club**-Mondays

**RummiKub Club**- Tues & Thursdays

& Thursdays

**Mexican Train** -Tuesdays

**Pinochle**-Tuesdays

**Craft Club**- Fridays

**Scrapbooking Club**- Fridays

*If there is a "club" you might be interested in joining please feel free. We welcome ANY Senior to come join in on the fun. Days and times will be set each month. Check your monthly calendar dates and times.*

## EXERCISE CLASSES

Here at the Gilbert Senior Center we have exercise EVERYDAY M-F.

We offer:

Tai Chi - Mondays 9am

Zumba Video - Mondays \$3 2pm

Chair Exercise - Tuesdays 8:30am

"Silver Sneakers" - Tues & Thurs 9am

Yoga - Wed. 9am Free

Zumba Live - Fridays \$5 8:45am

Everyone 50+ OR

disabled is welcome to

participate in ANY of our exer-

cise classes!! There are no ad-

vanced sign up for of exercise

classes. Just make sure to stop

in the office your first time at

the center to get more informa-

tion.

## FOOD BAGS

The Gilbert Senior Center is happy to provide a Food Bag once a month for Qualified ACTIVE participants who are in need. You must sign up a week in advance & not receiving a food bag from any other associated programs. For more details please call 480-503-6061 .

**FOOD BAG PICK UP 3rd TUES. & WED. OF EACH MONTH**

**YOU MUST SIGN UP AT LEAST ONE WEEK PRIOR TO DELIVERY.**



# Up Coming Events

## Dining Out

### **Piggly's at the Fair**

January 8th 4:30pm (Wednesday)

*Come join us for fun night out for fun fair food at a restaurant. Menu is in the office for anyone to look at for your convince. LEAVING the Senior Center at 4pm.*

*Sign up until Jan. 7th (T)*

## Board Games

Have you noticed the fun new board games we got to play with? Yahtzee, Words with Friends, UNO, Apples to Apples, Sequence, and of course more RummiKub sets!! Any one is welcome to use them and are also welcome to Laugh out Loud A LOT while playing these games. Have Fun!!

## Barleens Az Opry

Feb. 28th 5pm \$36

### **Dinner included**

Your home for Arizona's wholesome family music entertainment.

Enjoy music, great food, hilarious comedy and more!

*Sign up until Jan 3rd (T)*

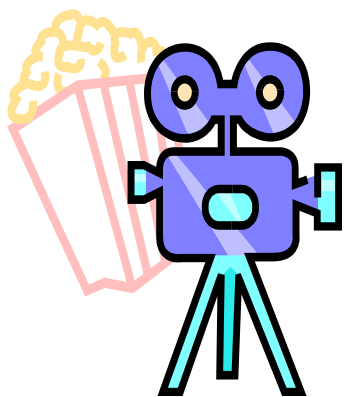
## Cash On Delivery

Jan. 18th 3pm \$26

This fast-paced British farce explores that very situation with non-stop laughter. You'll cry tears of mirth as the loveable con artist strives to keep the checks coming even "after death". Sign up in the office for this fun Play.

*Sign up Dec. 23rd-Jan. 7th*

## Movies!!



**Check the monthly calendar for the movie that will be playing here at the Center each month. Any recommendations for movies you would like to watch come to an Activities Meeting and suggest it!! Popcorn will be sold for \$.50 a bag the day of the movies too! So make sure and sign up! See you at the MOVIES!!**

# Up Coming Events

## Dining Out

### Johnny Rockets

Feb 5th 4:30pm

Come join us for good food,  
good company, and maybe  
even some laughs!!

LEAVING the Senior Center at 4pm.

*Sign up from Jan 21st-Feb 3rd (T)*

## Mormon Temple Tour

Come join us as we will be taking a  
tour of the new Gilbert Mormon  
Temple before it is officially open.  
Times and dates  
are TBT. Listen  
during announce-  
ments for details.



## The Duttons

Feb 20th \$24 per person

7:00pm Showtime

*The Duttons Show is unique.*

*Featuring a wide array of musical genres,  
the family combines beautiful vocal harmo-*

*nies, instrumental virtuosity, high-energy dancing, and heart-  
warming comedy that will keep everyone entertained and will leave  
all who watch with a smile. Sign up Starting Jan 27th– Feb 10th*

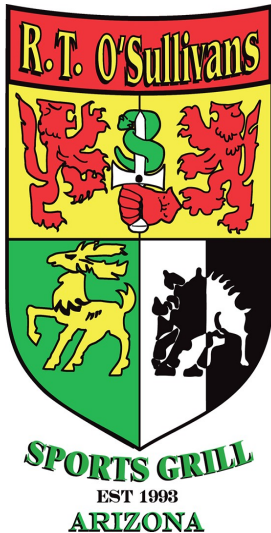
## Valentines Party

Friday February 14th ,2014

Come join us for a Loved Filled day with LOTS of love in the air! Party  
will start at 10:30am. Snacks and drinks will be provided. Candy Grams  
will be sold prior to the party for \$.50 each.



# Up Coming Events



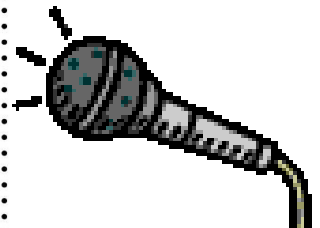
## Dining Out

### RTO Sullivan's

March 5, 4:30pm (Wednesday)

**Come join us for a great Irish meal to celebrate St. Patrick's Day! PLUS fun times! No cleaning dishes this night! LEAVING the Senior Center at 4pm.**

Sign up from Feb 18th-March 4th (T)



Tickets are \$5 and will be available at the Chandler or Gilbert Senior Centers and the Chandler Center for the Arts.  
*If you would like to perform, come and audition in January.*  
For more information or to set up an audition, please contact the Chandler Senior Center at 480-782-2720.

## Oklahoma

**March 22nd 3pm \$26**

**Set in the Oklahoma territory at the turn of the twentieth century, two young cowboys compete with an evil ranch hand and a traveling peddler for the hearts of women. Sign up in the office for this fun Play.**

**Sign up Feb. 24th-March 7th**





# Up Coming Events

## Generation Prom!!

## Senior Expo

*March 31st 5:30pm-7:30pm*

This is what you all have been waiting for! GENERATION PROM!! Thanks to Chandler-Gilbert Community College for wanting to bring it back! This event will be held here at the Gilbert Senior Center, plus we will have snacks, drinks, and a photographer to make memories to keep. Sign up for this event on the Bulletin board STARTING March 3rd thru March 26th.

Dress to impress!

*Wed. April 9th*

*Doors open at 9am-12pm*

*At the Gilbert Senior Center*

*This will be our annual Senior Expo. We are very excited to have this again. Hope you all are too. There will be many Health Care vendors for all your health question needs, PLUS craft fair vendors for all your purchased goodie needs. So make sure and bring a little money just in case you see something you like!!*

## Irish Soda Bread

### Ingredients

**4 cups all-purpose flour, plus extra for currants**

**4 tablespoons sugar**

**1 teaspoon baking soda**

**1 1/2 teaspoons kosher salt**

**4 tablespoons (1/2 stick) cold unsalted butter, cut into 1/2-inch dice**

**1 3/4 cups cold buttermilk, shaken**

**1 extra-large egg, lightly beaten**

**1 teaspoon grated orange zest**

**1 cup dried currants**

### Directions

Preheat the oven to 375 degrees F. Line a sheet pan with parchment paper.

Combine the flour, sugar, baking soda, and salt in the bowl of an electric mixer fitted with the paddle attachment. Add the butter and mix on low speed until the butter is mixed into the flour.

With a fork, lightly beat the buttermilk, egg, and orange zest together in a measuring cup. With the mixer on low speed, slowly add the buttermilk mixture to the flour mixture. Combine the currants with 1 tablespoon of flour and mix into the dough. It will be very wet.

Dump the dough onto a well-floured board and knead it a few times into a round loaf. Place the loaf on the prepared sheet pan and lightly cut an X into the top of the bread with a serrated knife. Bake for 45 to 55 minutes, or until a cake tester comes out clean. When you tap the loaf, it will have a hollow sound.

Cool on a baking rack. Serve warm

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**480-503-6059**

**Kris Balzan**  
**Outreach Specialist**  
**480-503-6061**

**Pat/Home Delivered Meals**  
**480-503-6058**

**Wallis Berry**  
**Kitchen Coordinator**  
**480-503-6057**

**Check us out on the web...**  
**<http://chandlerfoodbank.org/>**  
**OR**  
**[http://www.gilbertaz.gov/parks/](http://www.gilbertaz.gov/parks/seniors.cfm)**  
**[seniors.cfm](http://www.gilbertaz.gov/parks/seniors.cfm)**

**[https://www.facebook.com/](https://www.facebook.com/pages/Chandler-Christian-Community-Center/165492116800788)**  
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**[Center/165492116800788](https://www.facebook.com/pages/Chandler-Christian-Community-Center/165492116800788)**

## Donations

*Please keep in mind the Gilbert Senior Center is accepting donations. The following is a list of needed items:*

*Gently used clothing, knick-knacks, jewelry etc. to be sold in the boutique; all profits go to the Gilbert Site Council and help support a variety of senior center activities and events.*

*Arts and Craft supplies for classes and clubs, Postage Stamps- Participants come in from time to time in need of a stamp and we are also mailing our newsletter now so stamps are always accepted.*

*Monetary donations are TAX FREE!!! A donation of \$100 or more and your name will be added to the Gilbert Senior Center \$100 Contribution plaque that hangs in the dining room. Don't forget to ask for a receipt!*

## Home Delivered Meal Program

Did you know you could have a hot, nutritious meal delivered to your home? We offer home delivered meals Monday-Friday between the hours of 10 am and 2 pm depending on your location. Participants who qualify for a program have no fees or charges involved and for others a fee of \$5 per meal is billed on a monthly basis. This is a perfect solution for those recovering from a hospital stay or sickness and may be unable to prepare a meal. If you're interested or know someone who can benefit from our service please call our **HDM Coordinator Pat (480)503-6058**